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Housekeepers' Chat Monday, April 22, 1929.

NOT FOR PUBLICATION

Subject: "Angel Food Cake." (Substituted for garden talk by W.R.B.)

Bulletin available: "Home Baking."

--ooOoo--

I had planned to broadcast one of W. R. B's garden talks today, but with your permission, I'll postpone his talk. Last night one of my friends called me on the phone.

"Look here," she chided me. "You suggested a sponge cake for dessert Friday, but you didn't tell us how to make it. Don't you know that National Egg Week will soon be here? And how can we properly celebrate National Egg Week, without sponge cakes, and angel food cakes?"

Well, perhaps she's right. I had intended to save my angel food cake program till next week, but then, I'd just as soon broadcast it today. By the way, I have a very special surprise for you some time next week. Don't forget to remind me of it, during National Egg Week.

The best way to begin this dissertation on angel food cake is to explain that, in general, there are two kinds of cake: those which belong to the sponge cake class, including plain sponge cake, sunshine cake, and angel food cake, and those which belong to the Butter cake class. The difference is that the sponge cakes contain no shortening.

Sponge cakes are made without fat, and without liquid. The liquid is supplied by eggs, which also make the cakes light. That is, when you beat the eggs, a great amount of air becomes tangled up in the eggs, and, if you are careful not to release this air, when you mix the batter, and to bake the cake in a slow oven, so the air can expand, your angel food cake will be lacy and light, and fluffy and feathery, and your friends will say enviously: "How lovely! If I could make a cake one-half as good as this one, I'd die happy!"

Of course they could make cakes almost as good as yours, if they'd remember about the careful mixing, and the slow oven.

Please take the ingredients now for an angel food cake. Six ingredients:

1 cup soft wheat flour
8 fairly large egg whites
1 to 1-and 1/2 cups sugar
1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon cream of tartar

Check your ingredients, while I say them again: (Repeat)

Now sift together, four or five times, the sugar, the flour, and one-half of the salt. I want you to be sure your method of mixing is correct, so I'll repeat the statement: Sift together, four or five times,the sugar, flour, and one-half the salt. Then beat the egg whites, with the other half of the salt, until they are frothy. Next, add the cream of tartar to the eggs, and beat them until they are light, but not dry. Now, into the beaten egg whites, fold the dry ingredients, very carefully. When the mixture is partly blended, add the flavoring. Be very careful, when you blend the dry ingredients, and the eggs, to use only the folding motion, for if you stir the mixture, you will release the air, and then the cake won't be nice and light.

As soon as it is mixed, pour the batter into a smooth, ungreased pan. Use a tube pan for angel food, because the center opening allows the cake mixture to heat evenly.

A fairly large cake will require about an hour for baking. Bake it in a slow oven,about 325 degrees fahrenheit. Too hot an oven will cook the eggs before the air in the cake has a chance to expand, and the cake will be tough, and heavy. A perfect angel food cake will rise for the first thirty minutes of its baking, become delicately brown the next 15 minutes, and shrink from the edge of the pan the last 15 minutes. When you have tested it, with a toothpick, and found that it is done, take it out of the oven, and turn the pan upside down on a wire rack, to cool. When the cake is cool, loosen it from the pan, with a spatula.

Never cut an angel food cake with a knife. That makes it "sad." Break it with your fingers, or tear it gently, with a fork.

That's all there is to an angel food cake: Sift the dry ingredients several times; beat the eggs till stiff; fold the dry ingredients very carefully into the egg whites, and bake in a slow oven. As I said before, you must have a slow oven, so the air in the cake can expand, and make the cake light, before the egg walls become cooked.

I must give you one more suggestion about sponge cakes and angel food cakes. If you do not have an abundance of eggs, you may substitute milk or water, and baking powder, for one or two of the eggs. Use two tablespoons of liquid and one-half teaspoon baking powder for each egg omitted. In this case the baking powder is sifted with the flour, and the liquid is added before the egg whites are folded into the batter. Cakes of this kind may be baked at a temperature slightly higher (about 340 degrees Fahrenheit) than is used for true sponge cakes

Since our time is short, we'll save the menu till tomorrow. Here's a question to be answered: "What is the difference in food value between the

Rutabaga turnip and the ordinary white turnip? You have suggested turnips as a suitable food for small children. Can Rutabaga turnips be used when the ordinary turnips are not obtainable?"

Rutabaga turnip is richer in vitamins than the ordinary white turnip. This is why it is especially recommended for use in children's diets. Also the Flavor of rutabaga turnip is much more mild and the pinkish-yellow color is very attractive when the turnip is cooked for only a short time. If rutabaga turnips can not be obtained, white ones are of course a very satisfactory substitute, even though they are not such a good source of vitamins.

Another question: "Can you tell me how to renovate feather pillows?" If new ticking is used, how should it be prepared, so the feathers will not come through?"

Answer: The laundry bulletin gives directions for washing feather pillows. If you use a good quality of new ticking, it does not need to be treated in any way to make it feather proof. The close weave, and the sizing in the fabric, will keep the feathers in.

The last question is a request for a French Pancake recipe. Here it is -- and there are seven ingredients, for French Pancakes.

2 eggs	2 tablespoons melted butter
1-1/2 cups milk	1 teaspoon baking powder
1 cup flour	1/2 teaspoon salt
1 teaspoon sugar	

Seven ingredients, for French Pancakes: (Repeat)

Beat the eggs, add the milk, and stir slowly into the sifted dry ingredients so as to avoid lumping. Add the melted butter. Bake on a hot griddle in rather large cakes. When brown on both sides, remove from the griddle, spread at once with a mixture of butter and jelly, roll, and sprinkle with powdered sugar. Serve immediately on hot plates. French pancakes of this kind are most often served as dessert for lunch or supper.

Tuesday: "Materials for Window Curtains."

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